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OUR MISSION: TO PROVIDE AND PROMOTE QUALITY AFFORDABLE HOUSING & CARING SUPPORTIVE SERVICES IN COLORADO

August 8, 2018

SHO Residents Return to Cliffview

Senior Housing Options is happy to announce nearly all residents have returned to its Cliffview Assisted Living Community in Kremmling after choosing to leave during an Air Quality Advisory due to wildfire smoke in the area.

On August 3, Grand County issued the alert for Kremmling, CO due to smoke in the area. Residents living in SHO's Silver Spruce Apartments and Cliffview Assisted Living community had the choice to stay in their homes or temporarily move off site - either with family or to another SHO location. Four residents chose to leave due to health concerns and were temporarily moved to of Cliffview's sister communities: Park Hill Residence (Denver), Mesa Vista (Parachute), and Cinnamon Park (Longmont). One resident chose to stay with family and will remain there for another week.

The other residents returned to Cliffview yesterday.

Kremmling is still under an Air Quality Advisory with periods of moderate to heavy smoke can be expected Tuesday through Wednesday morning within the advisory area, especially in areas near local wildfires, according to Grand County Public Health.

SHO will continue to work with Grand County Officials to monitor the situation.

The county has issued a statement encouraging individuals with heart disease, lung illnesses, and the elderly to take extra precautions.

"We place resident safety, health and comfort as our top priority," SHO Executive Director James H. Goddard said.

SHO is a 501(c)3 based in Denver and owns/operates six assisted living residences and six subsidized apartment buildings in Colorado. Cliffview and Silver Spruce are owned by the Grand County Housing Authority.

Media inquiries, please contact Cait Barnett, Resource Development and Marketing Manager, at 303-595-4464 ext. 14 or cbarnett@seniorhousingoptions.org.

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GRAND COUNTY PUBLIC HEALTH
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Grand County Public Health Air Quality Advisory

08/07 /18 update 0930

The Colorado Department of Public Health & Environment issued an “*Air Quality Health Advisory for Wildfire Smoke*” this morning at 0800 until Wednesday, August 8, 2018 at 0900. Periods of moderate to heavy smoke can be expected Tuesday through Wednesday morning within the advisory area, especially in areas near local wildfires.

Public Health Recommendations: If smoke is thick or becomes thick in your neighborhood you may want to remain indoors. ***This is especially true for those with heart disease, respiratory illnesses the very young, and the elderly.*** Consider limiting outdoor activity when moderate to heavy smoke is present Consider relocating temporarily if smoke is present indoors and is making you ill. ***If visibility is less than 5 miles in smoke in your neighborhood, smoke has reached levels that are unhealthy.***

Precautions to take:

- Avoid heavy outdoor exertion such as running or other forms of exercise.
- Keep your indoor air clean and stay inside.
- Close your doors and windows and turn off systems that ventilate air from outside in, including your swamp cooler.
- You can run your air conditioner, if you have one, but keep the fresh-air intake closed and the filter clean.
- If you do not have an air conditioner and it's too warm to stay inside without your swamp cooler on or windows closed, seek shelter with a friend or family member with a closed air circulation system.
- Avoid activities that increase indoor pollution. You want to keep your indoor air



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as clean as possible.

- Do not vacuum. It stirs up dust in your home.
- Do not smoke tobacco in your home.
- Do not burn candles, fireplaces or gas stoves.
- Don't rely on dust masks for protection.
- Paper masks commonly found at hardware stores are designed to trap large particles, like sawdust. They won't protect your lungs from the small particles found in wildfire smoke.
- Contact your health care provider if you're concerned about your health.

Smoke in Grand County may stay in the area for the next 30 days due to multiple fires burning in the West. The smoke level may fluctuate hourly and daily depending on weather and fire conditions.

Grand County Public Health will monitor the air quality and update the public as conditions change. Information will be posted on the Grand County Public Health Facebook page and gcemergency.com. You can also sign up for emergency notifications with Code Red on gcemergency.com.